

Man Up For Your Health!

Healthy Men Carry Our Communities Forward

Closing the Gap: Eliminating Racial and Ethnic Health Disparities • Office of Minority Health

African American men in South Carolina live sicker, suffer more and die disproportionately from a number of communicable and chronic diseases to include HIV/AIDS, heart disease, diabetes, cancer and strokes. We encourage men to take charge of their health by becoming aware of the issues that contribute to poor health, get educated on what to do to improve their health and then, take action toward improvement. The choices you make today can make a difference in your health for a lifetime.

BE AWARE

- Poor diet and a sedentary lifestyle can contribute to obesity, diabetes, and heart disease.
- Recognize how dangerous behaviors such as smoking can lead to higher levels of cancer and engaging in unprotected sex can increase the risk of HIV/AIDS and other sexually transmitted diseases.

GET EDUCATED

- Seek the advice of a healthcare professional at least once a year.
- Locate and use services and resources offered in your area.
- Learn your family history and pass it on.

TAKE ACTION

- Eat a diet rich in fruits, vegetables, whole grains, and lean protein.
- Limit salt in your diet.
- Avoid sugar and saturated fats.
- Get at least 30 minutes of physical activity daily.
- STOP smoking and other tobacco use.
No amount of tobacco is safe.
- Get a flu shot annually.
- Limit alcohol use. Never drink and drive!
- Know your and your partner's HIV and STD status.
Protect Yourself!
- Schedule an appointment with your health care provider today.



RECOMMENDED SCREENING

Your health care provider may recommend screening earlier based on your health /family history.

- Prostate screening at age 40
- Diabetes screening at age 45
- Colonoscopy at age 45
- Periodic testing for HIV and STDs

RESOURCES

Centers for Disease Control and Prevention, www.cdc.gov

National Institute of Health, www.nih.gov

Department of Health and Human Services, www.dhhs.gov

National Black Men's Health Network, www.nbmn.net

SC Tobacco Quitline, 1-800-QUIT-NOW (784-8669)

SC AIDS Hotline, 1-800-322-AIDS (322-2437)



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov